



Native American Heritage Month

November is Native American Heritage Month. And to celebrate, FAIHP is inviting all who are interested to reclaim their traditions and join in on the Indigenous Food Challenge!

Think about everything that you have eaten in the last month. How many roots, berries, or fresh fish did you have? Would your ancestors recognize any of it as food? It's likely that they wouldn't. Our Native American ancestors dined on a variety of foods. Most tribes, whether coastal or inland, ate a variety of delicacies from the land and sea-- usually 300+ different types of food throughout the year. But they didn't have processed foods, energy drinks, or alcohol.

Today, it is typical for us to have a limited variety of foods in our diet—on average only 17-40, but combined together and processed into different colorful and eye-catching packages. Most of today's foods are processed beyond recognition as anything that came from the land, and they are contributing to the widespread obesity, heart disease, and diabetes in our community.

Food was our first medicine. It has the power to heal. Traditional foods are gifts from our Creator. They promote a healthy next generation, and can prevent chronic disease.

During the first 10 days of November, we ask participants to join us in eating foods indigenous to North America, pre-colonial contact. You can focus on the food of only one tribe; or, because foods may be expensive, out of season, contaminated or not available, participants can choose to eat only one or two indigenous meals per day, or widen the meal possibilities by choosing any foods indigenous to all North American tribes.

Are you up to the challenge? Informational presentation to be held on October 13th & 20th from 12-2pm in the FAIHP conference room. Open to all community members.

Why Might Someone Consider the Challenge?

- To spiritually reconnect with the natural world, the ancestors, and seasonal cycles.
- To contrast the impact of today's diet and a traditional one on your own health.
- To jump start a fast or other life change.
- To empower our communities by reclaiming our food legacy and culture
- To strengthen Native pride and traditions.

Challenge Details

- November 1st-10th 2016
- Indigenous Foods Celebration and Potluck November 10th, 12-2pm
- Informational Presentation: October 13th & 20th, 12-2pm
 - o Recipe Booklet and Meal ideas provided
- Daily Inspiration and recipe ideas posted to Facebook

Coming in October and November the Micunay Project

What is the Micunay Project?

• MICUNAY is a research project focused on testing some new programs for American Indian/Alaska Native (AI/AN) youth 14-18 yrs that focus on alcohol and drug use.

• Youth will take confidential surveys and be **paid for thier time!**

- 1st survey: \$25
- 3 month follow-up survey: \$50
- 6 month follow-up survey: \$75

• MICUNAY is being done in partnership with RAND, UCLA, and several Native American communities in Northern and Southern California.

Are you 14-18 years old?

Do you identify as American Indian or Alaska Native?

If **YES** you could earn from **\$25-\$75** by participating in the **MICUNAY** project

The **MICUNAY** project is focused on testing some new programs for American Indian/Alaska Native (AI/AN) youth about alcohol and drug use. The RAND Corporation and UCLA are doing this project in partnership with the Native American community of the Central Valley.

What you would be asked to do:

- Fill out some confidential surveys
- Attend a Community Wellness Gathering that has **FREE** entertainment and food
- Some teens will also be asked to attend 3 **MICUNAY** workshops where they will have group discussions about alcohol and drugs and do different cultural activities

To learn more please call 800 or 1.877.414.8076

MICUNAY

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CLUBHOUSE NEWS

During the month of September youth began the tutoring program with students from Fresno State. Clubhouse youth and Fresno State students are beginning to build a bond that will continue through winter. We hope to see lots of improvement and mentorship occur at the Clubhouse. Thank you to Fresno State for collaborating with FAIHP and Clubhouse!

Younger youth at Clubhouse have also been getting a taste of GONA (Gathering of Native Americans). Since



the GONA camps are for Native youth ages 13 through 17, the younger youth are not yet able to attend. However, we believe the teachings of the camp can

be correlated to all ages. Rachelle Areyan, Clubhouse Youth Coordinator, worked with the youth on the meaning of Belonging and what it looks like: "hugs, no name calling, being nice" were some responses. Youth also took pictures to put up at Clubhouse, where we will welcome family members and Clubhouse participants to write positive affirmations for the kids.



We recently hosted our first family event "Back to Clubhouse"! It was so nice seeing the families and youth who attend Clubhouse and we look forward to working more with the parents throughout the year!



SCHOLARSHIPS FOR NATIVE AMERICANS

Information provided by JLV College Counseling. More information and scholarships can be found at: <https://jlvcollegecounseling.com/scholarships/minority/native-american/>

American Indian Services Scholarship

Sponsor: American Indian Services (AIS)

Closing Date: November 15, 2016

Description: Applicant must be one-quarter (1/4) Northern-Native American Indian and enrolled in a university, junior college, or technical school.

American Indian Nurse Scholarship Program

Sponsor: National Society of the Colonial Dames of America (NSCDA)

Amount: \$1,500

Closing Date: December 1, 2016

Description: Scholarship is open to American Indian college students enrolled in a nursing or health education program.

DAR American Indian Scholarship

Sponsor: Daughters of the American Revolution

Amount: \$4,000

Closing Date: February 15, 2017

Description: Scholarship is open to Native American students of any age, any tribe and in any state striving to get an education at the undergraduate or graduate levels.

Paumanauke Native American Indian Scholarship

Sponsor: Paumanauke Native American Festival

Amount: Up to \$750

Closing Date: June 1, 2017

Description: Scholarship is open to tribally enrolled Native American Indians attending colleges, universities, and accredited post-secondary educational institutions on a full-time basis.

Five Traditional Foods Rich In Nutrition As Well As Heritage

Forget the fry bread and look back to the true traditional foods that sustained our ancestors for generations. Our cupboard used to be our medicine cabinet. A solution to much of what ails us may be getting back to these traditional foods:



1. Corn

Traced back to Central and South America, corn has served Native Americans as both drink and diet staple; its husks as dolls, masks, even fuel. Along with squash and beans, corn makes up the revered trinity called 'The Three Sisters'.

Corn is also nutritious, containing vitamins C and K, phytochemicals, B vitamins, and fiber. Another bonus: Corn just may help to prevent cancer. According to the Academy of Nutrition and Dietetics, one study showed that a phytochemical found in corn, cryptoxanthin, offers a 27% reduction in lung cancer risk.

Traditional recipes for this food include sweet corn soup and chowder, cornbread, and popcorn. Enjoy ears fresh or roasted, and cut corn into salads or wraps. Try different colored corn when it's available -- those colors represent different vitamins and minerals vital to good health.



2. Berries

Growing wild across many parts of America, blackberries, strawberries, blueberries, and raspberries played a part in many native diets, including those of the Natchez and Muskogean.

Serving up healthy portions of fiber, vitamins, and minerals, berries have been shown by some research to help protect against stroke and heart disease. While blackberries and raspberries have nearly double the fiber of strawberries and blueberries, a cup of strawberries contains more vitamin C than you'll need in a day. All berries have powerful antioxidant duties in the body and may help protect us against cancer.

Berries appear in Ojibwe and Sioux recipes for teas, puddings, and berry soup. You can also try them in your salads, for flavoring your water, and over hot or cold cereal.



3. Pumpkin

Just one cup of pumpkin is packed with potassium and fiber, and is loaded with vitamin A, a powerful antioxidant. It's also rich in beta-carotene, which may help slow aging and reduce problems related to type 2 diabetes.

Oneida recipes for pumpkin and squash include cranberry pumpkin cake and silky winter squash soup. You might also include pumpkin in stews, mixed into your oatmeal, or blended into your smoothie.



4. Mushrooms

Mushrooms are loaded with antioxidants which help to ward off damaging free radicals -- decreasing the risk of developing heart disease and cancer.

Even white button mushrooms are full of antioxidants, as well as glucans, which may help lower cholesterol. Try a grilled Portobello and teriyaki sandwich instead of meat, all varieties of mushrooms added into sauces, stir-frys, soups, and spreads. Or savor them over acorn squash with sage and onion -- a perfect fall treat.



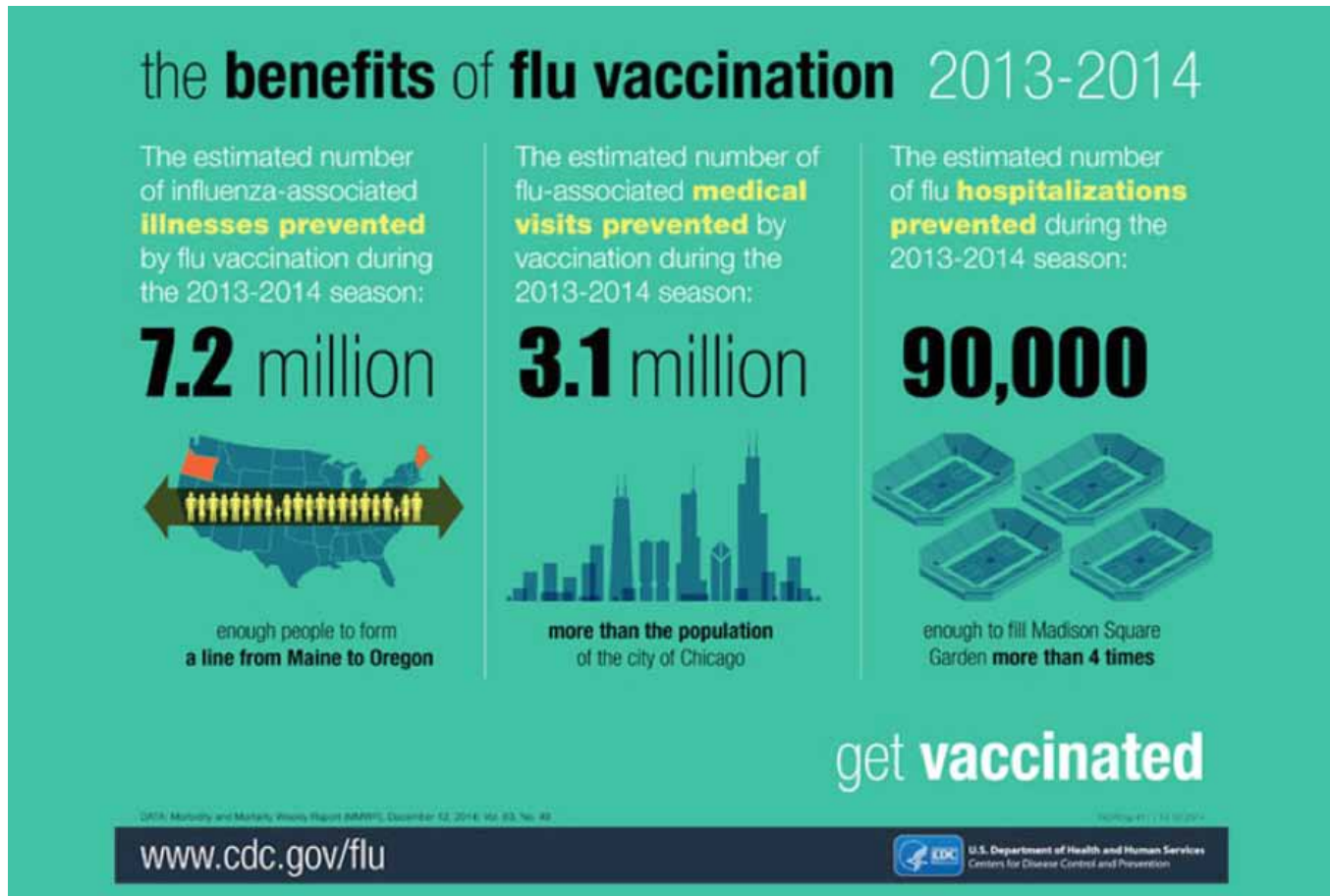
5. Beans

Completing the Three Sisters trinity, beans were a staple of the Navajo, Creek, and Iroquois, among others.

Tiny nutrient powerhouses, beans like black, red, and pinto pack a healthy punch. Along with being fiber-rich, they're good sources of cardiovascular-boosting potassium, B vitamins, and folic acid. They are an excellent source of lean protein, and are 100% cholesterol free.

Traditional ways to enjoy them include succotash and bean salad. Beans of every variety are also great added to chili, soups, burritos, and tacos.

GET YOUR FLU VACCINE AND STAY HEALTHY



Protect yourself and your loved ones by taking everyday preventative actions:

- Stay away from sick people
- Wash your hands to reduce the spread of germs
- Stay home if you are sick

Get plenty of fresh air and exercise!



Nurse Nancy

**Call Nancy for a
Flu shot today!
559-320-0490**

1ST ANNUAL CALIFORNIA NATIVE TRADITIONAL GATHERING



The FAIHP staff was honored to support and be a part of the very first California Native Traditional Gathering at Lost Lake. The idea was developed by a group of community members who wanted to see people gather in a way that celebrated culture and sharing. The event brought together more than 150 people to the Lost Lake area. The gathering was open to all, and was in honor of the Yokut and their land, on which we met. While planning the event, the planning committee put an emphasis on having a gathering that would allow people to come, share, and learn from one another.

The event was well put together! For example, the picnic area was decorated with prizes, pictures, art work, and baskets. The space was very inviting, and allowed everyone the opportunity to not only look, but also to ask questions. Several elders were present and they taught about their family history and culture! Each elder with different stories to tell and all with so much wisdom and knowledge to share. The diversity of people at the event helped community members to recognize how many native tribes are represented in our community. In fact, the great mix of tribes and people who attended the event added to the beauty of the whole thing.



who put their time and effort into planning and making it happen.

There was also a great deal of generosity shown at the event. Not only with the prizes given (which were all handmade) and the stories shared, but also with the amount of volunteer time given. This event was made very special by those

I would not only like to thank the planning committee for such an amazing experience but also all the people who chose to come out and share their time with all of us.

Thank you to a great community who made this event nothing short of amazing. I am excited to see what the next year will bring us as the building blocks of opportunity have been set.



CBANS will remain focused on providing the community with opportunities to connect and grow. CBANS continues to hold the WISE meetings in an effort to get our elders together and enjoy each other's company. The WISE meeting has been a long standing program that provides not only support but a chance for our



elders to have their own space and time. Next month the program will be held on October 13th and the 27th. Also, the stress management group is an ongoing program that keeps changing based on the needs of the community. It is a place where members are always willing to share and teach. So if you need time to de-stress, or if you want to learn a thing or two about beading please come! It is a great group to be a part of. The group is held Tuesdays and Thursdays from 5:30-8:30pm. All are welcome to any of our groups. For additional information please feel free to contact myself Ruben Garcia or Pete Molina. We can be reached at 559-320-0490.

Motherhood is Sacred

Fresno Chapter



Congratulations to our first Motherhood is Sacred graduates! On August 29, 2016 we celebrated and honored an amazing group of women that participated in the Motherhood is Sacred 12 week curriculum. Graduation consisted of a potluck, honoring with gift baskets and tie blankets, and also recognition of strengths and personal growth.



Special recognition to graduating participants: TerraLee P. , Angela L., and Feather M.

Motherhood is Sacred curriculum offers participants the opportunity to gain a deeper understanding of the importance of responsible Motherhood and strengthening families as reflected in Native American values and beliefs.


Fresno American Indian Health Project is proud to be a certified agency to implement this curriculum to our Native community. Be on the lookout for the next Motherhood is Sacred group starting in January 2017.

For more information, please contact Amber Molina or Michelle Cabral at 559-320-0490 to sign up and reserve your spot.

OCTOBER 2016

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All events are subject to change. Please call (559)320-0490 for more info!

Annual **FALL FEST** Health Fair

Saturday, October 29th

10 am to 2 pm

Discovery Center

1944 N Winery Ave, Fresno, CA 93703

Lawn and Garden areas

Fun food

Crafts

Games

Raffles

**Community booths,
Health information
Free to the community**



FAIHP
Fresno American Indian Health Project



COMING
SOON TO
FRESNO-VISALIA

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Do you identify as **American
Indian** or **Alaska Native**?

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by participating in the **MICUNAY** project

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\$25	\$50	\$75
Complete your first survey!	Complete a 3-month follow-up survey!	Complete a 6-month follow-up survey!



To learn more, please call RAND at **1.877.414.8076**



MICUNAY
MOTIVATIONAL INTERVIEWING—CULTURE
—URBAN NATIVE AMERICAN YOUTH



FAIHP

Fresno American Indian Health Project

1551 E. Shaw Avenue, Ste. 139

Fresno, CA 93710

559.320.0490

Fax: 559.320.0494

www.faihp.org



Fresno American Indian Health Project

FAIHP is a nonprofit 501(c)3 organization and depends on support from the community. All donations are tax-deductible. If you or an individual or business you know would like to make a contribution they may do so by check.

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

DONATION AMOUNT: _____

Please make all checks payable to:

Fresno American Indian Health Project

1551 E. Shaw Avenue, Suite 139, Fresno CA 93710.

Our services include:

- Health Screenings
- Behavioral Health Services
- Alcohol & Drug Prevention
- Health Education Classes
- Public Health Nurse Home Visits
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition counseling

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